



January 12th, 2012

Racing



What is the Snake Creek Gap Time Trial Series?

“Snake Creek runs out of a mountain gap in North Georgia. The gap is famous for being the pass that Sherman snuck his army through on his way to the final battles of the American Civil War. This gap is now becoming known for battles of a different kind. The first Saturday of the months of January, February and March the Northwest Georgia Chapter of IMBA/SORBA holds a time trial series in this gap. This event started off in 2005 with about 50 riders.

It has grown every year to this year’s total of 380 riders.

Why would people come in these numbers to Dalton Georgia in the middle of the winter from 15 states and Canada to ride mountain bikes? This race is put on by mountain bikers for mountain bikers. We know what we like and try to give the best we can to our riders. The series is held on the IMBA Epic Georgia Pinhoti Trail with two distance options: 17 or 34 miles. Both are point to point. The 17 milers start at the halfway point of the 34 mile distance which is right in the middle of Snake Creek Gap. There are 2 mountains in the first 17 mile segment and 4 in the second.

The course gets progressively more technical over the last 8 miles on Hurricane Mt. and Rocky Face Ridge. The trail runs right on the razor back edge of these mountains with views off both sides. It is beautiful but you better not take time to enjoy the view. The riders are racing to the finish line at the North Georgia Trade and Convention Center a stones throw of I-75 at Exit 333 in Dalton. This is where they registered and left their cars

The super rocky Snake Creek course never goes down without a fight. To read Tim Smith’s account of a day full of mechanical difficulties click on the link below.

[Tim's first 32 mile Snake Creek race.](#)



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Nutrition



I recently read an article on "how to read food labels". I found this article helpful, but could not help but think maybe we are missing the point. Maybe the real solution is to strive to buy more food without labels. I do not see labels on apples, lettuce, spinach, and other fruits and vegetables. The next time you are at the grocery store see how many things you can buy that do not have nutrition labels.



Training



This is the time of year when weather gets in the way of long bike rides and that is great! Trust me I like long bike rides as much as the next guy, but the short cold days of winter allow us the chance to mix it up a bit. Long runs, hike, swims, gym workouts, etc are all great fun!

If every day was sunny and 70 degrees we might not appreciate nice days, though I am willing to try.